GOURMET RECIPES

Meatballs on Rice and Noodles

International meatballs recipe with red rice and fried noodles served hot and spicy

April 11, 2013

CUISINE	SERVES FOR	TOTAL TIME
INTERNATIONAL	8	1 HR 30 MIN

Preparation

Soften the noodles in lukewarm water and drain. Fry the oil in a deep-fryer and heat to 170°C. Fry the noodles, remove and dry on kitchen paper. Keep warm in the oven at around 80°C.

INGREDIENTS

noodles
250 g, glass

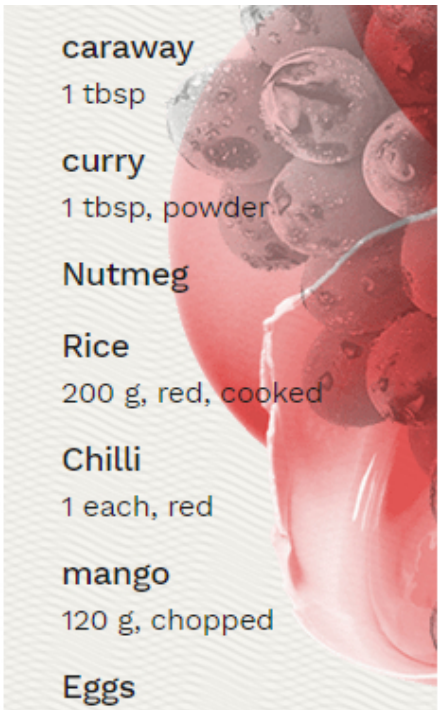
Oil
vegetable

Lamb
500 g

Knead the meat, spices, chilli, half the rice, the mango and the egg. If the mixture is too soft add some breadcrumbs. Shape into 30 meatballs and roll in the remaining rice.

Place the raw meatballs in a bamboo steamer. Boil some water in a wok and place the steamers in the steam (not touching the water). Steam for 6-8 minutes.

Arrange the rice balls with the noodles and serve hot.



caraway
1 tbsp

curry
1 tbsp, powder

Nutmeg

Rice
200 g, red, cooked

Chilli
1 each, red

mango
120 g, chopped

Eggs
1 each

Oil
5 tbsp, vegetable

breadcrumbs

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